Beaver County Office on Aging

News You Can Use

- •This month we observe: Labor Day, September 3; Grandparents Day, September 9; Patriot Day, September 11; autumn begins, September 22.
- •If you received Senior Farmers Market vouchers, be sure to redeem them at the area Farmers Market through November 2018 for locally grown fruits and vegetables.

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Reduced Vehicle Registration Fee for Retired Persons

If you are a retired person, you can register your automobile for a \$10 instead of the usual \$36 fee. Eligible Pennsylvania applicants, regardless of age, must be retired and receiving Social Security, SSI payments, retirement benefits or other pensions and annuities. Income from other sources such as interest, dividends, capital gains, business income, rental income, wages, public assistance, unemployment compensation, cash gifts, life insurance and death benefits must be considered in calculating total income. The total income from all sources may not exceed \$19,200. Those who receive only unemployment compensation or public assistance or who are a student or other individual who is not retired, do not qualify.

Also, the applicant must be listed on the vehicle's registration. The vehicle may be owned jointly, however, the applicant must be the principal operator of the vehicle, unless physically or mentally incapable of operating the vehicle. The vehicle must be a passenger vehicle or truck with a registered gross weight of not more than 9,000 pounds. Only one vehicle per qualified applicant may be registered for the retired status processing fee.

The retired person's \$10 processing fee may be initially applied for using Form MV-371, Application for a Retired Person's \$10 Processing Fee on a Vehicle Registration. Retired persons may apply for the \$10 processing fee at the time of registration renewal by using PennDOT's Driver and Vehicle Services website at www.dmv.pa.gov and selecting Retired Registration Rate from the Online Services dropdown menu and following the instructions or by attaching Form MV-371 to your invitation to renew or by completing and submitting Form

MV-140, Request for Registration. Return the completed application along with a \$10 check or money order made payable to the Pennsylvania Department of Transportation.

Applications also are available by calling the Beaver County Office on Aging at 724-847-2262 or 888-548-2262.

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Dill Garden Salad

- 3 C chopped cucumbers
- 1 large tomato, seeded and chopped in ½ inch pieces
- 1 sweet red pepper, chopped
- 2 Tbs. chopped sweet onion
- 3 Tbs. mayonnaise
- 4 tsp. olive oil
- 2 tsp. sugar
- 2 tsp. rice vinegar
- ½ tsp. salt
- ¼ tsp. garlic powder
- ¼ tsp. pepper
- 2 ½ tsp. fresh dill

In large bowl, combine cucumbers, tomato, sweet pepper and onion. In small bowl, mix mayonnaise, oil, sugar, vinegar, salt, garlic powder, pepper and dill until blended. Pour dressing over vegetables and toss to coat.

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Loneliness—The New Smoking



By Angela Gentile, Planning Unit Program Monitor Beaver County Office on Aging For Keen-Age News

Medical professionals are studying and finding that there is a condition which can shorten people's lives, and it is not a medical condition, but a social condition. It's loneliness. In fact, Brigham Young University conducted a study in 2010 which showed that weak social connections can shorten a person's life span as much as 15 years, the same if someone had smoked 15 cigarettes a day. Studies show that 25 percent of the U.S. population lives alone and half of the population is single. It can affect young adults as well as older adults. In Beaver County, many young adults continue to leave the county in search of employment while their parents or grandparents continue to age in place at the family homestead. Even older adults have to relocate closer to their children out of state when their medical condition no longer permits them to live alone. These situations can leave all types of people isolated from the people they knew. It is also discussed that people are becoming more isolated as they do not visit and talk on the telephone as much since they are texting or using social media with brief, written messages instead. Attendance has dropped dramatically in community service groups and even sports leagues. Seven years ago, the United Kingdom started an initiative to combat loneliness, and in 2018 the British Prime Minister Teresa May made loneliness a policy priority and appointed a cabinet minister for loneliness. Denmark has introduced an effort to address isolation, called Denmark Eats Together campaign to encourage everyone, from government entities to nonprofits to private companies, to host dinner parties.

Face-to-face activity is a good way to combat loneliness. Check out joining civic or community service or faith-based groups. There are plenty of non-credit classes at Community College of Beaver County including how to learn a new language, to understand a computer program and even to cook different types of soups. If you enjoy working with pets, the Beaver County Humane Society has volunteer opportunities available. If you like the political process, there are plenty of opportunities to work on someone's campaign for office. The YMCA has programs and you can stay fit through exercise.

The Beaver County Office on Aging has five senior centers where you can have a meal at lunch time and plenty of activities to keep you busy and engaged, whether it be fitness classes, art classes, computer lab, cards, bingo, speakers and more. Center at the Mall is located in the Beaver Valley Mall next to Hallmark. Circle of Friends has centers in Baden, New Brighton, Aliquippa and Midland. Activities are listed on-line at centeratthemall.com and cofbeaver.org.

The centers are located at:

Center at the Mall Lutheran Service Society

Beaver Valley Mall 284 Beaver Valley Mall Blvd. Monaca, PA 15061 (724) 728-1422

Hours: 7:30 a.m. - 7p.m. Monday; 7:30 a.m. - 8 p.m. Tues.-Thur.; 7:30 a.m. - 4:p.m. Fri.-Sat.

Baden Community Center Circle of Friends

St. John the Baptist Church 371 Linmore Ave. Baden, PA 15005 (724) 869-4224

Hours: Monday 8:30 a.m. – 7 p.m.; Tue – 8 a.m. - 2:30 p.m. and 5:30 p.m. – 8 p.m.; Wed 8 a.m. -2:30 p.m.; Thur – 8 a.m.-2:30 p.m. and 4:30 p.m.-7 p.m.; Fri – 8 a.m. - 2:30 p.m.

New Brighton Community Center Circle of Friends

Holy Family Church 1851 Third Avenue New Brighton, PA 15066 (724) 846-1959

Hours: M -W - TH - F - 8 a.m. - 2:30 p.m.; Tuesday - 12:30 p.m. - 6:30 p.m.

Midland Satellite Center Circle of Friends

Knights of Columbus 838 Midland Ave. Midland, PA 15059 (724) 869-4224

Hours: 9 a.m. – 1 p.m. Tuesday, Wednesday, Thursday

Aliquippa Satellite Center Circle of Friends

St. Titus Church School Hall 107 Sycamore Street Aliquippa, PA 15001 (724) 857-9989

Hours: 9 a.m. – 1 p.m. Tuesday, Wednesday, Thursday

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Legislators visit Center at the Mall





U.S. Senator Bob Casey visited Center at the Mall August 14. He spoke briefly about Medicare, Medicaid and Social Security. Afterward, he talked with center participants.

U.S. Rep. Keith Rothfus visited and talked with center participants August 21.

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Volunteers Needed to Advocate for Facility Residents

The Beaver County Office on Aging Ombudsman program is in need of volunteers to help carry out the mission of educating, empowering and advocating for residents of personal care homes and nursing facilities in the county.

Volunteers are needed to make weekly or monthly visits to facilities with the goal of letting residents know their rights and provide education on how they can resolve problems. Volunteers also can help agency Ombudsmen provide training for residents, staff, family members and community groups. Other opportunities include helping to train residents to become PEERS (Pennsylvania's Empowered Expert Residents); attend resident council meetings attend state exit surveys; attend health fairs with Ombudsmen; and help to recruit new volunteers.

All potential volunteers must complete an application, background check and required state and local trainings. Ongoing support is provided by staff Ombudsmen through mentoring, supervision and bimonthly meetings. Ongoing educational opportunities are provided and include yearly enrichment training, webinars and network meetings.

Are you ready to make a difference? Do you have good communication skills and enjoy talking with new people? Are you willing to visit facilities and work as part of the Beaver County Ombudsman team? Are you interested in helping to increase the visibility of the Ombudsman program in Beaver County? If so please contact the Ombudsman Department at 724-480-8589 or Ombudsman@bcoa.us to request an application or discuss the program. We need you to help us make a difference!

Tesi Dye Ombudsman Supervisor

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Attend Black and Gold Senior Day at the Mall September 12

Wear your black and gold gear of your favorite Pittsburgh sports team at the September 12 Senior Day at the Mall from 10 a.m. to noon inside Center at the Mall in the Beaver Valley Mall.

Live tailgate entertainment will be provided by Carmen Taddeo. Visit over 20 vendors who will provide information about services and programs benefitting older adults. The featured vendor will be PA Career Link who will discuss senior employment opportunities for older

adults. As always, there will be blood pressure screening, plus coffee and doughnuts will be served.

The event, sponsored by the Beaver County Office on Aging, is in cooperation with Premier Sponsors Medic Rescue and Concordia Visiting Nurses.

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Ombudsman Program was the Featured Vendor at August Senior Day at the Mall



Ombudsmen Joline Pawlack, Dawna Bott and Case Aide Dave Iozzi talked with more than 100 individuals at the Senior Day at the Mall August 8 inside the Center at the Mall as the Ombudsman program was the featured vendor. Individuals were able to play a residents rights game and enter into a drawing for a Giant Eagle gift Card for talking about what an Ombudsman does.

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Signs of a Good Nursing Facility

How can you tell if a nursing home provides good care? A lot can be learned from visiting the facility and watching the interaction of staff, residents and families. Does staff speak to residents and family members with consideration, dignity and respect? Does staff call residents by their preferred name or refer to residents with a generic name such as Grandma or MaMa? Does all staff knock and ask permission to enter resident rooms or do they just

burst in without even speaking to those living there? Are conversations cheerful and happy? Do all the resident rooms look alike or do they reflect the individuality of those residing there? Are there unpleasant odors? Do all residents appear clean and dressed appropriately? Are they well groomed (hair neat and styled, men shaved, and/or nails clean and trimmed)? Are call bells being responded to in a timely manner or are they being ignored? When residents or family ask staff for help or information, is the response polite or do staff act annoyed and respond inappropriately? Are staff polite to each other and work together as a team or can they be overheard complaining about the job, the residents and the administration? When a resident or family has complaints or concerns, are they told "if you don't like it here, why don't you go to another facility," or does staff listen with respect and try to resolve the problem as soon as possible? Are there private areas for family and residents to visit? Does food look appetizing? Does it seem like residents are eating most of their meal or is it obvious that many trays are being returned with much food uneaten? Do residents seem like they are involved in meaningful activity with others or are they by themselves either staring at the wall and/or slumped over with no interaction with others? Are residents and family encouraged to attend and participate in care plan meetings or are they told it's not necessary and really just for staff?

Many of these things relate to the rights of nursing home residents and the culture of the facility. All residents are to be treated with dignity and respect. The facility is to provide a homelike atmosphere. All residents have the right to be informed of their medical conditions and to participate in treatment and care planning. All residents have the right to voice concerns or complaints without fear of retaliation. All residents have the right to privacy. A good nursing facility puts the residents first. Policies, staff training and interaction all focus on ensuring that not only do residents receive good medical care, but also the rights of residents are emphasized throughout. A good nursing home aims to ensure that all staff from the administrator to maintenance is aware of resident rights and the need to always treat residents and their families with dignity and respect.

The Beaver County Office on Aging Ombudsman team can provide more information about resident rights and checklists for finding a good nursing home. The Ombudsman team can provide training for residents, family, community groups and facility staff. Contact the Ombudsman Department at Ombudsman@bcoa.us, 724-480-8589 or 1-8888-548-2262.

Tesi Dye Ombudsman Supervisor

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Medicare Annual Open Enrollment

October 15, 2018 – December 7, 2018

The Medicare Annual Open Enrollment Period for 2018 will be from October 15th to December 7th. During this period each year, Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to Beaver County residents.

APPRISE is a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, we will have counselors available during the Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans.

To schedule an appointment, please call The Beaver County Office on Aging at 724-847-2262 or 1-888-548-2262





